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**SUMMERTIME LEARNING**
READING WILL HELP KIDS KEEP UP {page 10}



# MARRIED
## UNDERWOOD WEDS SENATORS' FISHER
ALL THE DISH {page 9}



CALGARY metro®
Monday, July 12, 2010
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**World Cup.** Champs



▶ Spain's goalkeeper Iker Casillas, right, and Sergio Ramos, bottom left, hold the World Cup trophy at the end of the tournament final between the Netherlands and Spain in Johannesburg, South Africa, yesterday. Spain won 1-0. Story, page 21.

MATT DUNHAM/THE ASSOCIATED PRESS

## Spanish too much for Dutch

**Spain broke new ground by winning the World Cup yesterday. Long tagged an underachiever before winning the 2008 European Championship to end a 44-year title drought, Spain had never before gone past the quarter-finals.**

## Victims buried on anniversary

Bosnian Muslims mourn 15 years after massacre {page 5}

## Saddle up for the Stampede

Metro's special coverage has all you need to know {pages 15-19}

# Mountie charged in murder

**Couple were married for over nine years, had 2 sons in Edmonton ◐ No children at home during woman's slaying: ASIRT ◐ At least 8 people assigned to case**

HARRY. HODGE
@METRONEWS.CA

A veteran RCMP constable was arrested Saturday and charges were laid yesterday after his wife's body was found inside a home in an Edmonton neighbourhood.

The Alberta Serious Incident Response Team has charged Const. Tarith Sehmbi, 36, with second-degree murder.

Sehmbi's first appearance in court is expected to be today in Edmonton.

Clifton Purvis, a spokesman with ASIRT, which investigates incidents involving police, said officers were called to the home after 4 a.m. on Saturday to a report of shots being fired.

He refused to say how the woman may have died, adding an autopsy will be done.

Purvis also wouldn't comment on whether police had seized a weapon in connection with the death.

Sehmbi has been with the RCMP for over seven years.

WITH FILES FROM THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS




▶ Edmonton police investigate a home on Saturday.

### Community reaction

- Word of the woman's death started to filter down in Edmonton's Sikh community yesterday morning and at the temple where she worshipped. Many offered their condolences.
- Const. Tarith Sehmbi used to volunteer for Radio Punjab, co-hosting a radio program in Punjabi with an Edmonton police officer.




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## Police seek suspect in pharmacy robbery

District 3 officers are looking for a man after a robbery at the Kensington Safeway pharmacy, police said.

According to police a white male, five feet, eight inches tall, slim build, missing front teeth and wearing a blue puffy jacket, tan sweater and red and white striped shirt, entered the Kensington Safeway around 1 p.m. yesterday and made his way to the pharmacy where he indicated he had a gun and demanded money. The man spoke with a Russian accent, police said.

Anyone with information is asked to call 403-266-1234.

METRO CALGARY

**$76,619**

**The amount of AHS boss Stephen Duckett's bonus, while offering AHS staff bonuses of between $250 and $500 for ideas that help improve the efficiency of health-care service delivery in the province.**

## Service held for accident victim

Springbank Community Church hosted the memorial service yesterday for a woman killed last week on the Trans-Canada Highway.

Family and friends of Kristen Coutts gathered to remember the life of the woman who died when a broken brake drum was hurtled through the front windshield of her vehicle on Highway 1 near the Stoney Trail Crossing.

METRO CALGARY

KATIE TURNER/FOR METRO CALGARY



▶ Project manager Janneane Madill and some of her youth helpers pose in front of their work of art.

# Chinatown reclaims walls

**Murals and mosaics replacing graffiti around Chinatown Community's centenary projects depict various aspects of Chinese, Calgary culture**



KATIE TURNER
CALGARY@METRONEWS.CA

Chinatown is becoming beautified one mural and mosaic at a time with the help of some young Calgarians.

In correlation with Chinatown's 100th anniversary, Janneane Madill took it upon herself to help coordinate various art projects in the community.

"Because we have an obscene amount of graffiti and tagging down here we wanted to do something that was going to kind of, I guess, put an end to it or decrease it a great deal," she said.

Madill, along with 17 young children and four youth leaders, created a colourful mosaic that depicts images from China and Calgary.

"I think once we see the end project it will be overwhelming, so all the hard work is worth it."

The mosaic is now mounted in the Impark parking lot between 2nd and 3rd Avenue west of Centre Street.

Madill hopes the art projects will help to increase foot traffic and revitalize Chinatown.

### New tags

**Seventeen children and leaders created the art**

- **Panels** The mosaic is built on 15 panels that span across 360 square feet of cement wall.
- **Community** Images featured in the mosaic include firecrackers, a dragon and the Calgary Tower.

1 news

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**Crickets, corn dogs and pulled-pork parfait among unusual cuisine at the Calgary Stampede. Video at metronews.ca/canada**

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BAHAMAS

## Teen 'bandit' nabbed



The teenage "Barefoot Bandit" who allegedly stole cars, boats and airplanes to dodge U.S. law enforcement was nabbed yesterday as he tried to make a water escape, then brought handcuffed — and shoeless — to Nassau to face justice, abruptly ending his two-year life on the lam. Colton Harris-Moore was arrested before dawn, said Sgt. Chrislyn Skippings, a spokeswoman for the Royal Bahamas Police Force. They had been searching for the fugitive since he allegedly crash-landed a stolen plane a week ago on nearby Great Abaco Island.

THE ASSOCIATED PRESS

## Edmonton demolition goes awry

A controlled collapse of the remains of a downtown Edmonton hotel didn't go exactly as planned.

Rubble from the demolition of the Mayfair Hotel fell onto busy Jasper Avenue, the main street through the city's downtown. Nobody was inside and there were no injuries. THE CANADIAN PRESS

## Child killed by wind turbine

A three-year-old child was killed Saturday when he was pinned under a residential wind turbine in southwestern Ontario. Police said the boy had been playing with a group of children near the structure's generator pole, which was temporarily anchored to a cement pad.

THE CANADIAN PRESS

# Guns are blazin' over talk of coalition

JEFF McINTOSH/THE CANADIAN PRESS



▶ Prime Minister Stephen Harper flips pancakes at a Stampede breakfast over the weekend.

### Despite reports, Ignatieff denies talk of future merger with NDP

Prime Minister Stephen Harper used a hometown speech Saturday to tout his party's victories while warning of the potential perils of what he called an "opposition coalition" victory.

Harper blasted all three opposition parties in a speech before a cheering tent full of party faithful, including many Tory MPs and provincial Conservative members at his annual Stampede barbecue.

"They're moving ever closer together. They don't think they can beat us alone, so what they hope is that next time they can deny us a majority and then form a coalition of losing parties," he told the crowd.

"Friends, a Liberal-NDP-Bloc Quebecois coalition is something we can never let happen to this country."



**"I look out there and what I see is 'big hat, no cattle,' that's what I see. Not only no cattle, but quite a lot of sheep."**

LIBERAL LEADER MICHAEL IGNATIEFF

Liberal Leader Michael Ignatieff has flatly ruled out any non-compete deals or mergers. He left the door open to considering a coalition government, but only after the next election, should the results make it necessary and feasible.

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# Victims buried on anniversary of massacre

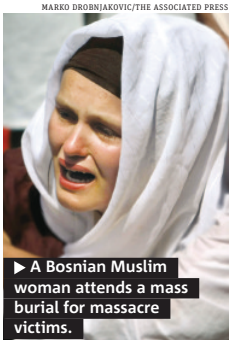
**30,000 Bosnian Muslims came under siege in 1995 in Srebrenica Youngest victim buried yesterday was 14**

Hoisting hundreds of coffins aloft, a line of weeping relatives stretched for at least a mile yesterday as they honoured Srebrenica massacre victims on the 15th anniversary of the worst atrocity in Europe since the Second World War.

A whole hillside in the eastern Bosnian town was dug out with graves, waiting for 775 coffins covered in green cloths to be laid to rest at the biggest Srebrenica funeral so far.

Still, that was less than a tenth of the total number of Muslim men and boys executed after Serb forces overran the UN-protected town on July 11, 1995, during the Bosnian war.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS



▶ A Bosnian Muslim woman attends a mass burial for massacre victims.

"I grew up without a father and I don't even remember him," said Hajro Ibrahimovic, 16.

When the procession reached the hill, some 60,000 people splintered into rivulets as relatives sought the exact grave for their loved ones. The sound of dirt pounding against the coffins' wooden lids echoed over the valley, as two announcers, one male and one female, solemnly read out the names of the victims being buried.

Before the funeral, Muslim prayers and weeping mixed with the speeches of dignitaries condemning the crimes and calling for the perpetrators to be punished — something victims' families noted would not change the suffering they have endured.

THE ASSOCIATED PRESS

**Vancouver.** Naked truth



▶ Greg Peck soaks up some sunshine at Vancouver's Wreck Beach on Saturday.

DARRYL DYCK/THE CANADIAN PRESS

## Come on in, the water's just fine

**Numerous groups gathered around North America at 1 p.m. MT on Saturday in an attempt to set a record for the most people taking part in a simultaneous skinny-dip. Wreck Beach, Canada's first and largest clothing-optional beach, had 382 people participate.**

**10** **Prime Minister Naoto Kan proposed raising sales taxes to as much as 10 per cent, up from five per cent.**

## Japan plan panned

Japan's ruling party suffered a stinging electoral defeat yesterday, as voters rejected a plan to raise taxes in order to manage debt.

THE ASSOCIATED PRESS

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*- Russ C., Calgary*

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INTERNET

## China OK's google.cn

China confirmed yesterday it has renewed Google's licence, under the operation of Beijing Guxiang Information Technology Co. Ltd., ending a months-long standoff over Internet censorship. A ministry official, who was not identified, said Guxiang had agreed to "abide by Chinese law" and "ensure the company provides no lawbreaking content," Xinhua said.

THE ASSOCIATED PRESS

## Market moment

| DOLLAR | TSX | OIL | Natural gas 1,000 cu ft |
|---|---|---|---|
| US 96.74¢ (Friday) | 11,570.45 (Friday) | $76.09 US (Friday) | $4.402 (Friday) |
| | | | Gold contracts $1,209.80 (Friday) |

# Big bucks not what they used to be



THE CANADIAN PRESS

▶ Events are back on, without the bells and whistles.

### Spending on rise ◐ Charities benefit from oil-patch fundraising

Stampede-week party hosts are easing back into the saddle this year after enduring a rough-and-tumble 2009, but the flow of big bucks into rowdy corporate hoe-downs can't exactly be described as — well — a stampede.

"I think that the market's come back, but certainly not where it used to be," said event planner David Howard.

The heart of Canada's oil patch transforms into the Wild West during the 10-day-long Calgary Stampede, as suits give way to jeans and plaid shirts in the city's hay-bale strewn downtown core.

Investment banks, law firms, oil companies and others have a tradition of treating their clients and employees to cowboy-themed soirees during the festival which is known as much for raucous parties as the rodeo and chuckwagon races.

But when the recession struck a year ago, many cancelled or scaled back.

Howard's company, The Event Group, saw an 80 per cent drop in business last year compared to 2008. Things are improving, but are only about half as strong as they were during the heady boom times, he said.

"The trend is more people are spending money. They're just being cautious," said Howard, whose events can cost as much as $500,000.

Clients are spending their money more deliberately, he said. Instead of splurging on an open bar, they may dole out a few drink tickets to each guests. Instead of booking a private venue, they may look at holding their event at a pub or restaurant.

Caterer Paddy Sorrenti said a number of events that were cancelled last year are back on, but without the bells and whistles.

THE ASSOCIATED PRESS

# Crude gushes out, as BP claims progress

Work on a new cap for the gushing oil leak in the Gulf of Mexico has outpaced officials' expectations so far, with robotic submarines completing most of the removal work necessary on the broken well.

Overnight, a top flange on the leaking well was removed. That equipment has to make way for a new flange spool, a piece that will connect the new cap to the well.

The old cap, which had allowed some oil to keep pouring into the Gulf, came off Saturday.

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# FOOD, FASHION STAMPEDE'S STRENGTHS

**In Defence Of ...**

**MIKE MORRISON**



**So how has your Stampede been? If you are like me, you spent Parade Day on the curb of 9th Avenue for several hours for what was the world's longest parade.**

OK, by Guinness Book of World Record standards it wasn't the longest, but somewhere between the 34th marching band, a stranger's kid jumping on me, the American reality-star Grand Marshalls and lifting my feet to avoid horse pee, it certainly felt like it.

It is around this point that you probably started wondering if this whole Stampede thing is even worth it. Sure, it gets more and more expensive every year and you inevitably end up sharing your house with 10 or so "old friends" or distant cousins looking for a free place to stay, but I assure you, as annoying as the Calgary Stampede might be, it is still worth it, just not for the obvious reasons.

First and foremost there are the free breakfasts. Most people usually only attend one or two of these annual traditions, but if you plan it carefully and bring ziplock containers, these free breakfasts can save you money long after the stampede has seen its last rodeo.

**"If you plan it carefully and bring ziplock containers, these free breakfasts can save you money long after the stampede has seen its last rodeo."**

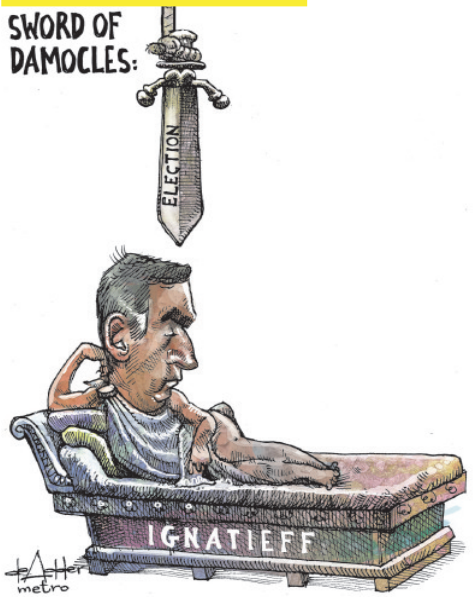
For the record, you'd be shocked at how well pancakes freeze.

Another great way to save money is on the Stampede grounds themselves. Every year, food stands offer the weirdest and maybe grossest food this side of Phil's. Hot Beef Sundae, Deep Fried Strawberry Shortcake and Pork Parfait are just some of the delicacies that you'll be able to find at this year's midway. My strategy is this: Convince your friends to try something risky. When they are inevitably grossed out and offer it to you instead, take advantage of their generosity, and you just got yourself a free meal! It might not be as good as Rouge or The River Café, but you didn't pay for it.

And, after years of wearing the typical Stampede attire, you've probably forgotten how good everyone looks in cowboy clothes. And I mean everyone — I may even mean you. Let's face it: Some Calgarians are really bad dressers. However, when we all dress like cowboys we get to clean the slate of bad fashion. Of course, this doesn't mean that the Canadian tuxedo (top-to-bottom denim) is ever acceptable.

So even if it seems that the Calgary Stampede is now more for the corporate cowboys than it is for the regular joe-shmoe, if it means you get free food and get to look good while eating it, does it really matter?

**Cartoon**




**Noteworthy**

### Military purging sexist cartoons

Degrading drawings of women in sexual situations have been deleted from Canadian military classroom materials.

The Forces launched the purge when it found out the offensive cartoons were used in courses for soldiers headed to Afghanistan.

THE CANADIAN PRESS

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# Time to cut royal ties?

**Letters & Tweets**

**CALGARY.** Should Canada cut ties with the monarchy? Absolutely!

The British look down on Canada in contempt, and here we are, absurdly comical hapless serfs with such an inferiority complex, hanging on to a foreign tradition of a tired-out, has-been empire, elevating them as demi-gods!

I love The Queen, but the rest of the clan is a bunch of misfits and fat-cats living high off the hog.

I also believe that at all times, not just during bad, the royal family should be paying its own way, instead of the government forcing working people to foot those enormous bills.

But that is asking too much of a government that spent $1 billion on the G20 summit and has slapped some provinces with an HST!

JACK G. ASHOK

**TORONTO.** In the aftermath of the G20 summit, one burning question keeps coming to mind: How was it possible that "protesters" were able to trash and burn police vehicles?

After over a billion dollars was spent on security, how is it possible that the police were unprepared to defend their property?

It is inconceivable to me that this was not a deliberately staged spectacle to justify the brutal police action that followed.

PAUL DONAT

**Waving goodbye?**

PAUL CHIASSON/THE CANADIAN PRESS



**Did you enjoy the World Cup?**

**Email**
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Metro has the right to edit letters and submissions.

# Metro Minute at the museum

If you've got a minute or two to spare, and love World War II history, the Military Museums at 4520 Crowchild Tr. SW now houses an Enigma machine — a secret code machine that aided the Germans U-boats to destroy Allied ships in the Atlantic.

Four-thousand Allied employees worked tirelessly to try to decode the Enigma machine and now the intricate gears and mechanical rotors can be viewed beneath the White Ensign — the flag Canada flew above its naval vessels, until the maple leaf became the official flag in 1965.

The Enigma machine was officially unveiled to the public yesterday.

METRO CALGARY

SUBMITTED



▶ The Enigma machine.

2 scene

# Mel's ugly words caught on tape

- Website that posted recording of Mel Gibson's rant says more to come
- Oscar-winning director and actor dropped by Hollywood talent agency

The two-minute clip of Mel Gibson using a racial slur and calling his ex-girlfriend a "whore" during an argument are unlikely to be the last ugly words the public hears from the actor.

RadarOnline.com, the celebrity website that posted the recording Friday, says there's more where that came from.

For 10 days, the site has posted written transcripts of secret recordings it said Gibson's former girlfriend, Russian singer Oksana Grigorieva, had made. The snippet released Friday is the first audio of the confrontations that have been aired.

The clip includes segments in which a voice that sounds distinctly like the Academy Award winner is heard telling Grigorieva that she is dressing too provocatively and that it would be her fault if she were raped. He uses the N-word, a racial epithet, at one point. The recording is laced with his profanity.

Shortly after the posting, entertainment news outlets reported that Gibson had been dropped by talent agency William Morris Endeavor, although that decision appeared to have been made days ago. The agency did not return phone calls and an email seeking comment.

JACQUES BRINON/THE ASSOCIATED PRESS



▶ Oksana Grigorieva and Mel Gibson arrive at the Edge Of Darkness premiere in Paris earlier this year.

**"It is shocking, not only for content — which is horrific — but for tone. It is one of the most vile things we have ever heard."** DAVID PEREL, RADARONLINE.COM

David Perel, RadarOnline's founder and executive vice-president, said the site had heard "a substantial portion" of 30 minutes of recordings Grigorieva had made. Perel said more audio clips will likely be released in coming days. The site reported the she made the recordings because she was afraid Gibson might harm her.

The Los Angeles County Sheriff's Department is investigating allegations that Gibson was involved in a domestic violence incident with Grigorieva, with whom he has an eight-month-old daughter.

Gibson's camp remained silent about the recording. Spokesman Alan Nierob did not issue a comment on the audio's contents. Grigorieva's lawyer, Marci Levine, also did not return a phone message.

It is the second high-profile incident in which Gibson has been accused of using slurs and degrading women.

He apologized after his drunken driving arrest in 2006 after it was revealed by TMZ that he had made anti-Semitic and sexist comments.

In the recent recordings, the actor is heard criticizing Grigorieva for the way she dresses. He accuses her of lying to him about having breast implants.

THE ASSOCIATED PRESS

## News in brief



**1** Model Naomi Campbell will testify at the war crimes trial of former Liberian president Charles Taylor.
THE ASSOCIATED PRESS

**2** Susan Boyle is searching for an unknown to duet with her on her upcoming album.
THE ASSOCIATED PRESS

## Usher sings in Chinese at Beijing concert

Usher was expected to sing in Chinese, briefly, during his China debut concert in Beijing yesterday.

Usher was to sing one of Asian pop sensation Wang Lihong's songs in Chinese, Wang told a joint press conference Saturday night, and the two will also sing Usher's No. 1 OMG.

"I wanted to make a great impression, so I wanted to do something very special," Usher said. "After hearing (Wang's) music, I wanted to collaborate with him." The American recording artist said he came to China because he knows there's an audience for him.

THE ASSOCIATED PRESS

## Sheen court date postponed

A court hearing during which actor Charlie Sheen was expected to plead guilty to a charge stemming from a Christmas Day dispute with his wife has been postponed.

Court officials say the hearing has been delayed from today to Aug. 2. Yale Galanter, one of Sheen's attorneys, says the defence needs more time to work out details of an agreement that calls for Sheen to plead guilty to misdemeanour assault in exchange for prosecutors dropping more serious charges.

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GETTY FILE PHOTO



▶ Celine Dion

## Celine Dion expecting twin boys

Celine Dion says the twins she's expecting are boys.

The superstar singer revealed the sex of the babies in a brief statement Friday on her website.

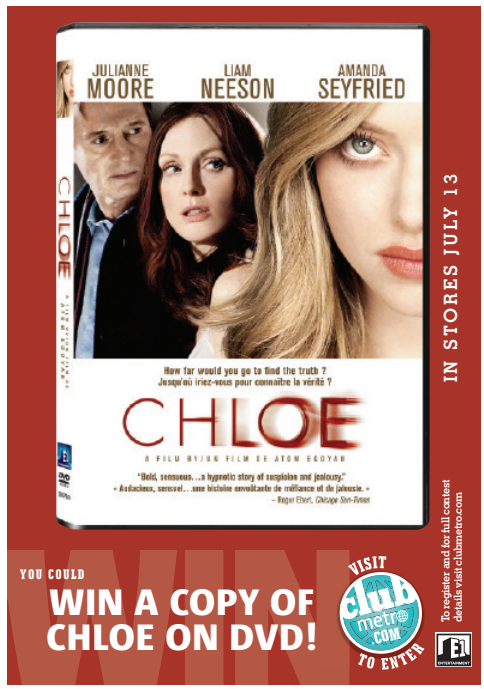
Dion already has a son, Rene Charles, with her husband and manager, Rene Angelil.

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# Underwood weds Senator Fisher

**Country star, hockey forward will have homes in Nashville, Peterborough, Ont. Couple got engaged on Dec. 20 after dating a year**

Country music star Carrie Underwood and Ottawa Senators forward Mike Fisher were married at a luxury resort in Georgia late Saturday afternoon, according to a People magazine report.

Underwood, 27, and Fisher, 30, tied the knot before 250 friends and family in a ceremony featuring classical music and the couple's favourite Bible readings, the magazine reported on its website.

"We could not feel more blessed to have found each other and to have shared this day with our friends and family that mean so much to us," the couple said.

Mike Fisher has said on his website that his bride would legally change her last name, but would still be known professionally as Carrie Underwood.

THE ASSOCIATED PRESS

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▶ Mike Fisher scores at the altar with Carrie Underwood.

## Talking points

### Rumours amuse Katy

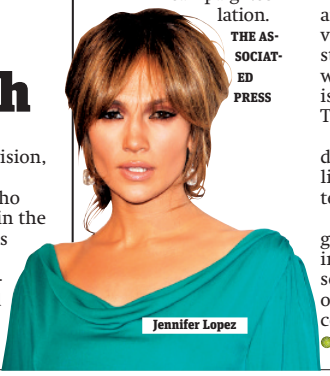
**SPECULATION** Katy Perry is reportedly tickled by all the speculation about where, when and how she and fiancé Russell Brand will tie the knot. "I hear these crazy stories — we are going to get married in latex, underwear, in spandex, in Japan, in India, in Thailand," Perry says.

METRO WORLD NEWS

### Furor in Cyprus over J-Lo show

**CONTROVERSY** Jennifer Lopez called off a controversial birthday show in the breakaway north of Cyprus, provoking celebrations Friday by Greek Cypriots while Turkish Cypriots denounced the move. The furor over a luxury hotel inauguration showed how easily bitter rivalry can flare up between Cypriots across the ethnic divide. Reports that Lopez would perform at a hotel in the breakaway Turkish north on her 41st birthday this month triggered a Greek Cypriot online campaign.cellation.

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Jennifer Lopez

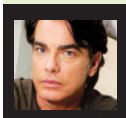
## Celebrity tweets



**Samantha Ronson [@samantharonson]**
Hey Joan Rivers- you have collagen older than Lindsay, pick on someone your own age, oh wait, I guess people that old can't hear.



**John Mayer [@johncmayer]**
Just once, I want to hear a rap song with implicit lyrics.



**Peter Gallagher [@petergallagher_]** Great to be in Ireland. My brows are one of millions here and perfect for the rain. Home at last.



**Kathy Griffin [@officialkathyg]**
They don't give out an Emmy for 'Best Airbrushing' but if they did, I'd totally win.

## Smoking habit Lo point during jail sentence

Friends of Lindsay Lohan are worried she won't survive her upcoming jail stint because the facility where she'll be locked up is smoke-free, according to TMZ.

"The first thing she does when she wakes up is light a cigarette," a source tells the Web site.

"I don't think she's gone a day without smoking in years. This isn't something she can stop overnight. It's a serious condition."

METRO WORLD NEWS



▶ Sarah Palin

# Gather round kids, it's time to hear tales of mighty Sarah

You might call it Sarah Palin's introduction to the cubs.

A biography of the former Alaska governor and self-described "mama grizzly" is set for release in September by Christian book publisher Zondervan.

Speaking Up: The Sarah Palin Story, is one in a series of biographies aimed at 9- to 12-year-old readers. Others feature 2007 Heisman Trophy winner Tim Tebow and U2 frontman Bono.

Kathleen Kerr, an acquisitions editor for Zondervan's Zonderkidz division, said the subjects are prominent figures who children hear about in the news and role models for tweens who are "working for the betterment of the world in which we live."

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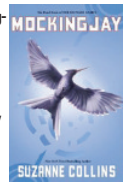
3 life

**Tweens show peers around the world how to have fun staying fit**

**Put those lazy summer afternoons to good use and get your child reading one of these top-notch books Not only is reading good for your little ones, it's a great way to get them ready for school Make reading a family activity**

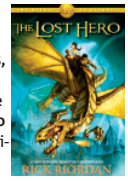
## Books that will have kids coming back for more

1. **The Short Second Life of Bree Tanner: An Eclipse Novella** (Twilight Saga) by Stephenie Meyer 

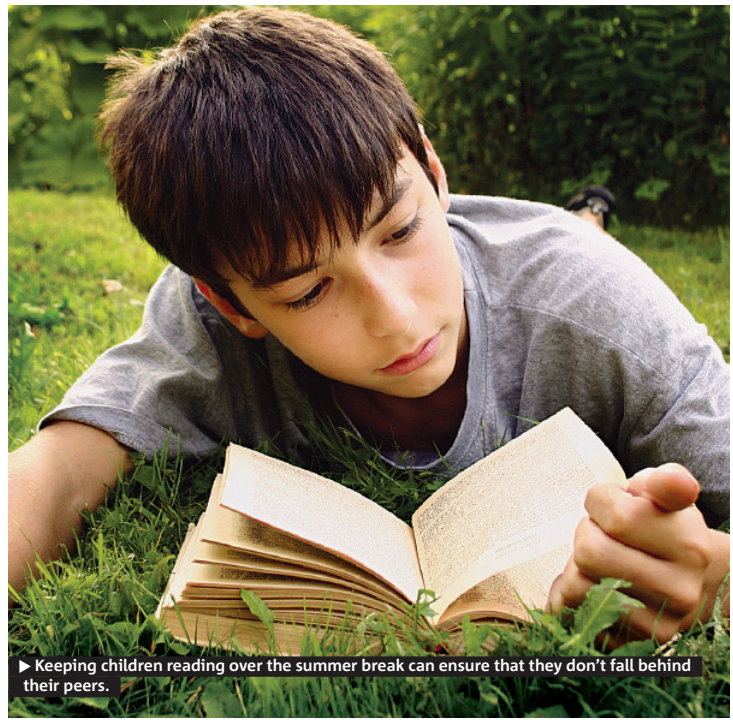
2. **Mockingjay** (The Hunger Games, Final Book) by Suzanne Collins 

3. **The Red Pyramid** (The Kane Chronicles, Book 1) by Rick Riordan 

4. **The Hunger Games** by Suzanne Collins 

5. **The Heroes of Olympus, Book One: The Lost Hero** by Rick Riordan 

6. **Catching Fire** (The Hunger Games, Book 2) by Suzanne Collins 



▶ Keeping children reading over the summer break can ensure that they don't fall behind their peers.




# Summer key for learning

Studies on summer learning show that students who continue to learn over the summer have a considerable advantage when the next grade begins.

"By taking part in some form of learning during the summer, students maintain their academic momentum, and avoid falling behind in major subject areas such as math, reading, and comprehension," says Dr. Nick Whitehead, founder and CEO of Oxford Learning.

According to Whitehead, it's much easier for students to start a new school year having maintained their learning momentum, than it is to return to school unprepared.

**"Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades."**
DR. NICK WHITEHEAD

"Students who start the new school year ahead are more likely to stay ahead for the entire school year. They struggle less and are actively learning from day one," he says.

While most students balk at the idea of summer school, summer learning is more than just repair work for poor grades; it predicts better academic performance in the coming school year.

"We need to change the way that we think about summer and summer learning," says Whitehead.

"Summer break is actually an opportunity for students to make serious academic gains, and get a head start on next year's grades."
NEWS CANADA

### Learning tips

**These tips from Oxford Learning help students of all ages and grades beat the summer learning brain drain.**

- **Visit the local library.** The public library often has reading events and competitions that can motivate children to develop their reading abilities.
- **Keep a journal** or a scrapbook. Develop vocabulary skills by writing a paragraph about the day's activities. Write down the titles of books being read and any new vocabulary words.
- **Practice time** management. Students should continue to use an agenda or family calendar to keep track of their daily activities—whether it is academic-related or not.
- **Learn.** enrol in a camp that has an academic element to maintain school skills all year long.

NEWS CANADA



▶ Orange-Scented Eggplant and Couscous Rolls

# Light, seasonal and make-ahead

**Orange-Scented Eggplant and Couscous Rolls: Can be prepared up to two days in advance, covered and refrigerated.**

**Ingredients :**
- 1 large eggplant (about 500 g/1 lb)
- 45 ml (3 Tbsp) extra-virgin olive oil, divided
- 2 oranges
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) ground cardamom
- 15 ml (1 Tbsp) apple cider vinegar
- 250 ml (1 cup) water
- 175 ml (3/4 cup) couscous
- 500 ml (2 cups) crumbled feta cheese, divided
- 60 ml (4 Tbsp) chopped flat-leaf parsley, divided
- Ground black pepper, to taste
- 250 ml (1 cup) prepared marinara sauce

**Preparation:**

1 Heat oven to 220 C (425 F). Coat a baking sheet with cooking spray. You may need 2 baking sheets.

2 Trim both ends of the eggplant. Standing the eggplant on end, slice it lengthwise into slices 0.75 cm (1/3 inch) thick. Discard the end slices of skin.

3 Arrange slices on prepared baking sheets and brush with 30 ml (2 tbsp) of the olive oil. Bake until lightly browned on the undersides, about 10 minutes. Turn slices and continue baking until second sides are lightly browned and flesh is tender, 10 to 15 minutes longer.

4 Meanwhile, to make filling, grate zest of half an orange, then juice both oranges. Transfer zest and juice to a medium saucepan. Add cinnamon, cardamom, apple cider vinegar, remaining 15 ml (1 tbsp) olive oil and water. Bring to a boil. Stir in couscous and remove pan from heat. Cover and let stand until liquid is absorbed, about 5 minutes.

5 Uncover couscous and fluff with a fork, then let cool. Stir in 375 ml (1 1/2 cups) of the feta and 45 ml (3 Tbsp) of the parsley. Season with pepper.

6 Coat a 3-l (9-by-13-inch) baking dish with cooking spray. Place about 50 ml (1/4 cup) of the couscous mixture at one end of each eggplant slice. Pressing with your fingers to compact the filling, roll up each slice and transfer them, seam-side down, to prepared dish.

7 In a saucepan, heat marinara sauce. Drizzle marinara sauce over rolls. Cover dish tightly with foil and bake until rolls are heated through and sauce is bubbling, about 15 minutes. Sprinkle with feta and parsley just before serving.

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## Superfood: Acerola Cherries



With one of the highest levels of vitamin C, acerola cherries are the ultimate summer superfood.

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# Offsetting your footprint

**If you can't stand to live off the grid, you can find other ways to chip in**

BEN KNIGHT
GREEN@METRONEWS.CA

The average Canadian emits about 24 tonnes of CO2 per year. Many are working to reduce their carbon footprint, but conservation, commuting and other changes only go so far.

That's where carbon offsets come in. They allow you to pay — between $20 and $30 per tonne — for the carbon you emit. There's no financial return on these investments, but the money directly funds new technological breakthroughs that can clean up the atmosphere for everyone. Here are the basics of carbon offsetting:



▶ Being carbon neutral is now the goal of many companies.

### How do carbon offsets work?

"You can purchase carbon offsets, and we then invest that money in clean technology projects," says Kari Grist, senior vice president of marketing for Offsetters, a private, for-profit company specializing in the carbon market. "If an organization like Group Aeroplan wants to be carbon-neutral — and they are — we have projects that sell carbon credits to us, which we then, in turn, sell to Group Aeroplan."

### Who collects the money?

Offsetters is one of several companies offering carbon offsets. They also do extensive research to ensure the new technologies they fund really will reduce Canada's extensive carbon footprint.

"We take the funds, and give it to organizations that implement the new technology," Grist says.

"Often, these organizations can't fund a new technology on their own."

The market is growing rapidly. Canadians paid to offset 93-million tonnes of CO2 in 2009, up from 12-million in 2005.

### Where does the money go?

"For it to be a high-quality offset credit, there are standards that (a project) has to adhere to," Grist explains. "One is that the offset is real and permanent – measured by third-party validators."

Learn more at offsetters.ca

**Did you know?**

**First** According to Alberta Agriculture and Food, Alberta created the first compliance carbon offset system in North America in 2007. It was a timely move, because the province had the highest greenhouse gas emissions in Canada. Nearly half of Alberta's total industrial emissions are from power companies.

**Queen of Green**

LINDSAY COULTER
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FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG



## NOTHING FRESH ABOUT THESE AIR FRESHENERS

**QUESTION:**
**Air fresheners make me sneeze. What's in them anyways?**
***Jacqueline, Summerland, B.C.***

Their ingredients are of huge concern since many are made with formaldehyde (a known carcinogen), naphthalene (a suspected carcinogen), toluene (known to cause liver and kidney damage) and xylene (a neurotoxin). And to think air fresheners make up people's daily spritz and spray routine. More disturbing is how they work. Many mask an undesirable scent, but some use a nerve-deadening chemical that interferes with our sense of smell. Others coat your nasal passage with an oily film. Many air fresheners can trigger asthma attacks and affect our central nervous system. This is why going scent-free is so important.

Instead, rely on good ventilation, deodorize with baking soda or choose an essential oil-based, non-aerosol, eco-friendly air freshener.

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ISTOCK



▶ Is that same job you dreamed of as a 19-year-old now turning you in the walking dead?

# Is your job turning you into a zombie?

**If the satisfaction you used to feel at your job is gone, now's the time to find a job that makes you feel alive**

DREW HINSHAW
METRO WORLD NEWS

It happens gradually: A job that used to inspire you begins to tire you, one teardrop of boredom at a time.

"Sometimes, people realize that the job they were into at 19 is no longer of any interest or meaning to them," Fearless Career Change author Marky Stein notes.

The distinction to draw, she advises, is whether you're suffering from a fleeting disinterest with the workload at hand — or does your disillusionment burrow soul-deep?

Chances are high, according to CareerBuilder.com, that if you've weathered the recession in the same desk chair, you're feeling wiped out, disinterested, confused. The site says more than a quarter of all workers claim to be dissatisfied with their daily grind — the highest CareerBuilder adviser Allison Nawoj has seen it. It's a probable consequence, she speculates, of taking on "I never signed up for this" tasks like administration, accounting, and other types of tedium that turn a job into a daytime snooze.

"If you feel that your job is taking away from your creativity, your mental well-being, or you're physically burnt out, it's time to step back," Nawoj proposes.

## Saving up

**For some people, work gets so unbearable they have to quit, even before landing a new job. But, before you leave make sure you've at least got some money saved up.**

▶ Mathieu Paradis, a financial advisor with Ottawa-based Wealth Strategies, says four months of savings works for someone with strong job prospects, but six months may be better if you're searching for your ideal job.

▶ If you know you want to leave in a few months, start saving now. "Put a bit of every paycheque in a short-term savings account so when you've had enough you have the financial freedom to change jobs."

BRYAN BORZYKOWSKI

### To move on or not? The checklist

Before you chuck your day job into the dustbin of broken dreams, make sure you've "mastered it to your own satisfaction," Stein recommends. "You want to make sure you come out with industry knowledge," agrees Nawoj. Plus, consider the possibility that landing your ideal gig may mean just pressing a bigger number on the elevator wall.

# Tips for better work-life balance

Do you ever wish there were more than 24 hours in a day? For lots of people, work-life balance is a never-ending battle with many things and people competing for our time and energy. While it's impossible to control all the factors that impact work-life balance, help achieve a better synergy by following these tips:

**1** Slow Down. Life is simply too short, so don't let it pass you by. Take time to stop and enjoy the things and people around you. Plan downtime into your week and find some ways to distance yourself from the things that cause you the most stress.

**2** Use technology to streamline schedules. While a pen and paper can help keep you on track, don't overlook technology as yet another weapon to make the most effective use of your day. Tools like Microsoft Office Outlook 2010 let you link each member of your family's calendar.

NEWS CANADA PHOTO



**3** Protect your personal time. Effective time management involves knowing when to shut things down.

NEWS CANADA

## More tips

**1** Share the Load. You don't need to do it all. Really. Get your spouse or children to help you with your personal/family responsibilities. Managing and taking care of the household should not be the responsibility of just one person.

**2** Learn to say "no." Taking on too many tasks can be stressful and overwhelming. Learn to say no to things when there's too much on your plate.

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Career Finder

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▶ Make sure you remember your educational credits.

MONEY

## Let your tuition help you at tax time

Detailed below are four essential tax tips for post secondary students offered by the Certified General Accountants of Ontario pertaining to tuition fees and education credits:

Full-time students may claim a federal credit of 15 per cent of their eligible tuition fees, plus an education credit of 15 per cent of $400 per month in 2010. Students registered to attend part-time studies may also claim the tuition fee credit of 15 per cent of eligible fees; in addition, they may deduct $120 a month toward the 15 per cent federal education tax credit.

Students with disabilities may be enrolled part-time to qualify for a full-time credit. Individuals with disabilities who are enrolled in approved Human Resources and Skills Development Canada (HRSDC) or equivalent provincial/territorial-approved training programs can also deduct those related expenses.

The education tax credit also applies to students who are pursuing career-related, post-secondary education at their own expense (e.g., the CGA program of professional studies).

NEWS CANADA

# Prepare your wallet for the school year

**Never too early to start planning your finances for the upcoming post-secondary year Make sure you don't run out by December**



▶ If you have a budget already worked out for the upcoming school year, you'll feel less anxious about your spending.`

It's not always easy to keep enough money in your bank account and maintain a good credit rating when you're a college or university student. In this age of consumerism when cell phones and brand-name goods are so popular, it may be difficult to tell the difference between needs and wants. But just like learning new math formulas or milestones in history, it's never too late to learn the basics of managing your personal finances.

If your financial obligations are keeping you awake at night, you probably need to spend more time on financial planning.

**Prepare a budget and monitor your finances**

Is the burden of a student loan too heavy? A budget is an excellent way to help you manage your finances, especially if you're having difficulty paying off your debts. Monitor your finances closely: Keep your bills and write down everything you spend each day for a couple of months. This will give you a better idea of how much money you take in, how much you spend and how much you save.

With a budget, you'll no longer feel guilty if you spend a few dollars at the movies or $20.00 for a restaurant meal, because you will have planned these expenditures and will know that they will not prevent you from paying your credit card bill.

You'll find a budget worksheet and information on how to prepare a budget and avoid debt on tip sheets published by the Financial Consumer Agency of Canada, Making a Budget and Sticking to ItandHow to Beat That Debt, available at moneytools.ca. NEWS CANADA

**Prepare a budget**

▶ **Finances** A budget will help you live within your means and avoid debt. Although it takes effort to prepare a budget, it will give you peace of mind.

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# Let the Ride begin

*Thousands of families attend — for some, it's a new tradition* {page 16}
*Chuck wagons and rodeo draw Canadians from across country* {page 17}
*Italian chef gets into Stampede cuisine* {page 16}

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# Family Day at stampede

Thousands of families attended Calgary Stampede for family day yesterday, with some making it a new tradition.

Nancy Qiu and her husband brought their four-month-old daughter Victoria to the Stampede for family day for her very first time — and they even brought "grandma" Peiwen Feng all the way from China, too.

"Oh she loves it. She really enjoyed the parade actually; it's really cute to watch.

"She's young but she is having fun and we plan to come every year," Qui said.

Other larger families enjoyed the free admission early in the morning while saving lots of money, including the Benson family.

"I think we saved about 60 dollars by coming in early.

"The kids are young so ... I think they will get tired out by dinner time but it's a lot of fun. And even better when it's free to get in," Ang Benson said.

KRISTA SYLVESTER

KRISTA SYLVESTER/METRO CALGARY



▶ Peiwan Feng, Nancy Qui and baby Victoria.

# The unique, 'bad,' and the hungry



KRISTA. SYLVESTER
@METRONEWS.CA

Corn dogs, mini donuts and pizza are staples of the Calgary Stampede so it's no wonder how many people line up for the delicacies.

John Hsio is an Italian chef but he doesn't mind eating a little bit of "bad food" at the Calgary Stampede.

"It wouldn't be good all the time but during the Stampede it's definitely something I need to eat," he said about the corn dogs.

"But I also like the deep fried pickles — they are definitely unique and interesting," he said.

Stampede officials say there are tons of food to try ranging from the normal to the unique like deep fried Oreos — but there is also Greek food, wraps, barbecue and much more to sample.

KRISTA SYLVESTER/METRO CALGARY




John Hsio says eating corn dogs is something he has to do during the Calgary Stampede.

## Stampede in pictures

ALL PHOTOS
KRISTA SYLVESTER/METRO CALGARY



**1** "This is my mom's hat and she's had it for like 20 or 25 years. I just didn't want to buy a new one for Stampede." BRETT SMITH

**2** "I've had my hat for about four years. I'm from Saskatchewan and I bought it for our country fair and I wear it for anything western." AMY SLETTEN

**3** "I ... paid $40 dollars for this hat last year to go houseboating and I figure that's a lot of money to wear a hat once, so now it's my Stampede hat." JOHN VARGA

**4** "It's my official Stampede hat and I have had it for five years and running and I will keep wearing it to every Stampede." KATHRYN KELLER

**5** "I actually just got this on Thursday for the Stampede and I will wear it every day I'm here." SGT. DAN MILBURN

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# Stampede a family event for many

Housed on a 21,773-acre ranch near Hanna in east-central Alberta, Stampede Ranch is celebrating its 50th anniversary in 2011.

Stampede officials say it started as means for the Stampede to ensure it had a steady supply of quality stock and now it's a big business.

"The ranch was built in 1961 and it has grown from a handful of mares to now we breed about 70 a year," senior manager of rodeos Keith Marrington said.

"It's a vital part of operation and we're proud of fact raise our own bucking horses. It's good for our brand," he added.

KRISTA SYLVESTER

**Stampede Ranch**

- **MONEY** The 400 horses and 80 bulls that carry the Stampede brand across North America are worth an estimated $8 million.
- **TRAINING** At the ranch, the herd of horses train like any athlete — with long-distance and sprint training gearing up prior to rodeo season.
- **LEGEND** Grated Coconut, Calgary Stampede's bucking legend, goes to a breeding veterinarian's facility where they have a special exercise regime for him.

KRISTA SYLVESTER/METRO CALGARY



▶ Attending the stampede is a tradition for the Larose family.

ON THE GROUNDS

## Stampede a family tradition

Every single year they come as a family and every single year they ride as a family.

Gina Larose always buys the 55 ticket pack for her teenagers Kassie Wruth, 13, and Dalton Wruth, 17, and watches them as they enjoy every minute of it the amusement park rides on the midway. "It's definitely worth the money to see the smiles on their faces and it's a lot of fun. I also enjoy supporting the Calgary Stampede, I think it's great," she said.

Her son Dalton said his favourite ride if the Drop of Fear and he may even ride it more than once. "It's definitely my favourite thrill," he said.

Meanwhile, Kassie was enjoying her first Stampede for her 13th birthday. "I think it's a lot of fun, I have never been before but I love the rides," she said.

KRISTA SYLVESTER

KRISTA SYLVESTER/METRO CALGARY



▶ Watching the rodeo in person was a great experience, says Montreal's Tina Frascarelli.

# Rodeo much cooler in real life

**▶ Two tickets in the bronze section at the rodeo cost a little more than $30 each ▶ Yesterday's afternoon rodeo show was completely sold out**



KRISTA. SYLVESTER
@METRONEWS.CA

It's a lot cooler in real life.

Tina Frascarelli came all the way from Montreal to experience the Calgary Stampede for the first time and the first thing she did was attend the rodeo and chuck wagons — a big draw for thousands of fans.

"I've always watched it on television but never in person so this is definitely the highlight for me. I think this is the main attraction I wanted to see here," she said as she took photos and video with her phone.

"I like my seats, and I'm here with friends so it's a lot of fun. We had some problems getting our tickets but it all worked out in the end."

Frascarelli's friend escorted her for her first time around the Stampede and also ensured she tried all the food — especially the lemonade, pizza and corn dogs.

"It's my first time so I want to make sure I see and do as much as I can. I even bought a hat and shirt for the occasion."

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# Today's line up

## Coca-Cola stage

**Terry Stokes**
Terry Stokes is known as America's favourite hypnotist.
Daily at 2 & 5 p.m.
**tstokes.com**

**Stereos**
From Edmonton, the Stereos were discovered on the show disBAND by Universal Music's Randy Lennox and fellow judge, Gene Simmons, of Kiss fame.
2 p.m.
**wearestereos.com**

**Faber Drive**
From Mission, B.C., this Juno nominated band has been developing a huge following across Canada. Their latest album is Can't Keep a Secret.
3:30 p.m.
**myspace.com/faberdrive**

## Nashville North

**Julian Austin**
Born in New Brunswick, Julian Austin has written and played music since he was in his mid-teens. He has recorded four albums, including The Red & White, paying tribute to Canada's troops.
9 p.m.
**julianaustin.com**

**Karen Lee Batten**
In 2008, Batten independently produced her video Hearts on the Run, which was an immediate add at CMT Canada. Her album Every Moment was released in 2005, with singles Like I Would For You and One Day.
Daily
**myspace.com/karenleebatten**

**Shane Chisholm**
Shane Chisholm is back for another year with his dynamic show that blends rock-a-billy with timeless country classics.
Daily
**shanechisholm.homestead.com**

**Jason Greeley**
In 2007, Greeley signed with Royalty Records. Royalty then connected him with two-time CCMA Producer of the Year, Joel Feeney. The result of this collaboration is Jason Greeley, his self-titled sophomore album.
Nightly
**jasongreeley.com**

SOURCE: CALGARY STAMPEDE.COM

## Metro pick

SUBMITTED



▶Marianas Trench play the Coca-Cola stage at 9 p.m. tonight

# Masterful show

Marianas Trench burst on the scene in 2006 with their album Fix Me, which yielded the Top 20 singles Say Anything and Decided to Break It.

They followed that up in 2009 with the release of their second CD Masterpiece Theatre, achieving Gold status in Canada, spurred on by the success of the platinum singles All To Myself and Cross My Heart, which was nominated for MUCH LOUD Rock Video of the Year.

Lead vocalist Josh Ramsay also took part in Young Artists For Haiti to raise funds to support the victims of the Haiti earthquake.

SOURCE: CALGARY STAMPEDE.COM

## Rodeo results

**BULLRIDING**

1 (tie). Tyler Thomson, Black Diamond, Alta., Inside Job; Scott Schiffner, Strathmore, Alta., High Pressure, 86.00; 3. Kyle German, Crossfield, Alta., Fringe Benefits, 84.50; Devon Mezei, Wardlow, Alta., Bad Rumour, BO; Matt Bohon, Cole Camp, Mont., Rock Lobster, BO.

**SADDLE BRONC**

1. Taos Muncy, Corona, N.M., Exploding Rocket, 83.50; 2. Jeffery Willert, Belvidere, S.D., Cash Machine, 81.50; 3 (tie). Bradley Harter, Weatherford, Texas, Fire Water; Wade Sundell, Wade Boxholm, Iowa, Picture Perfect; Jim Berry, Rocky Mtn, House, Alta., Buckle Up, 81.00.

**BAREBACK**

1. Bobby Mote, Culver, Ore., Silk & Dynomite, 89.00; 2. William Lowe, William Canyon, Texas, Loganberry, 85.50; 3. Ryan Gray, Petersburg, Texas, London Mist, 84.50.

**STEER WRESTLING**

1. Jake Rinehart, Highmore, S.D., 3.5; 2. Blake Knowles, Heppner, Ore., 3.9; 3. Josh Peek, Pueblo, Colo., 4.0; 4. Trevor Knowles, Mt. Vernon, Ore., 4.5; 5. Wade Sumpter, Fowler, Colo., 4.8; 7. Cody Cassidy, Donalda, Alta., 6.3.

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| 2010 **ESCAPE XLT** | **$1,891** | **$3,500** | **$5,391** | **$21,708** |
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| 2010 **F-150 XLT** | **$4,206** | **$5,500** | **$9,706** | **$29,193** |
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JAMIE MCDONALD/GETTY IMAGES




▶ Andres Iniesta of Spain celebrates after scoring the winning goal in the final.

# Spain reigns

## Only third World Cup champ to be European champ at the same time

| | |
|---|---|
| 1 | 0 |
| SPAIN | NETHERLANDS |

Spain's place among world soccer's all-time greatest teams was assured yesterday when Andres Iniesta scored with four minutes of extra time remaining to beat the Netherlands 1-0 and clinch his country's first World Cup.

With the teams facing a penalty shootout after an often ill-tempered game of few clear chances, Iniesta collected a sliding pass into the area from substitute Cesc Fabregas and smashed the ball across goalkeeper Maarten Stekelenburg and in at the far post.

The goal clinched Spain's fourth straight 1-0 victory in South Africa.

"This really is quite a cup," Spain goalkeeper Iker Casillas said. "The European Championship was the most important moment of our lives, but today is much bigger than anything else."

At the final whistle, the Spanish players hurried to swap their blue shirts for their more familiar red colours in time to collect the trophy. They donned shirts decorated with a single gold star to mark their triumph, becoming the eighth nation to receive the honour in the tournament's 80-year history.

"I can't quite believe it yet," said Iniesta, who was voted man of the match. "I had the opportunity to score that goal which was so important to my team. It's something absolutely incredible. I simply made a small contribution to my team in a match that was very rough."

THE ASSOCIATED PRESS

**Message**

**When he scored, Andres Iniesta remembered former teammate Daniel Jarque.**

- Iniesta took off his blue Spain jersey to reveal a white T-shirt bearing the words, "Dani Jarque: siempre con nosotros" — "Dani Jarque: always with us."
- Jarque collapsed and died at the age of 26 on a pre-season tour of Italy last year.

# Ugly play fails to lift Netherlands to title

The Dutch were bent on showing that they could win ugly for their first World Cup title, but they only got the ugly part right.

With eight yellow cards, one red and endless arguing that even spilled over beyond the final whistle, the Netherlands lost much more than 1-0 to Spain in the final — it lost a lot of its credibility as creative masters as well.

**5 Defender John Heitinga became only the fifth man to get a World Cup final red card when he was sent off in extra time.**

Netherlands coach Bert van Marwijk has taught his team to win ugly when it needed.

"I would have loved to win it with football that is not so beautiful," he said.

THE ASSOCIATED PRESS

4 sports



# Armstrong's hopes die in France's Alps

**Crashes and a fall leave seven-time Tour de France champ in 61st place Armstrong insists he's healthy**

Close the book on the Lance Armstrong era at the Tour de France. He has.

The record seven-time champion wrote off his chances of victory in his 13th and last Tour, signalling the beginning of the end of one of the most celebrated and controversial careers in cycling history.

The 38-year-old Texan's hopes for yet another title were dashed yesterday after he got caught in three crashes — one of which brought him down — and struggled to keep up during two tough climbs in Stage 8, the race's first foray into the Alps. He and his team said his hip got banged up, keeping him from pedalling hard.

BRYN LENNON/GETTY IMAGES



Lance Armstrong

The stage was won by 25-year-old Andy Schleck of Luxembourg, and Armstrong finished nearly 12 minutes back, in 61st place.

World champion Cadel Evans of Australia took the yellow jersey by finishing 10 seconds behind Schleck, but well ahead of overnight leader Sylvain Chavanel of France.

"My Tour is finished," said Armstrong, who fell to 39th overall.

The stage was a poignant, if agonizing, coda to Armstrong's unlikely bid for an eighth Tour victory in the second year of his comeback after a three-and-a-half-year hiatus. In his prime, he made his mark in the mountains, pulling away from his competitors there. Yesterday, he panted and struggled on an Alpine climb, his rivals leaving him far behind.

THE ASSOCIATED PRESS




## World Cup in pictures

PHOTOS
1. LUCA BRUNO/THE ASSOCIATED PRESS
2. BERNAT ARMANGUE/THE ASSOCIATED PRESS
3. ARMANDO FRANCA//THE ASSOCIATED PRESS
4. MATT DUNHAM//THE ASSOCIATED PRESS
5. MARTIN MEISSNER//THE ASSOCIATED PRESS



**1** Dutch player Wesley Sneijder reacts after yesterday's loss. A perfect season for Sneijder turned sour, minutes from its conclusion. Instead of a perfect sweep of Italian league, cup, Champions League and World Cup titles, the biggest game of the year escaped him.

**2** Spain goalkeeper Iker Casillas kisses the World Cup. "This really is quite a cup," Casillas said.

**3** A Spanish fan displays a body painting of octopus oracle Paul on his back in Madrid. The octopus from Germany correctly forecast Spain's victory.

**4** Spain's Andres Iniesta celebrates after scoring the game-winning goal. Iniesta arrived in South Africa struggling after an injury-plagued season.

**5** Former South African President Nelson Mandela waves next to his wife Graca Machel as they are driven across the field ahead of the World Cup final. Mandela had kept a low profile during the tournament, having decided against attending the opening game following the death of his great-grand daughter. THE ASSOCIATED PRESS

## Creamer wins her first LPGA major

Paula Creamer wondered a few months ago if she would ever play golf again the way her badly injured left thumb was hurting.

What she couldn't have possibly guessed is she would play like this.

Creamer shed the title of best women's golfer to not win a major, never wavering during a four-shot victory yesterday at the U.S. Women's Open, in which she put away a field that couldn't match her confidence or consistency.

Creamer started with a three-stroke lead, then never let it go below two shots during a 2-under 69 that gave her a 3-under 281 for the tournament. Na Yeon Choi of South Korea shot a 5-under 66 at a softened-up Oakmont Country Club to tie Suzann Pettersen of Norway for second place at 1-over 285.

THE ASSOCIATED PRESS

**48th**

**Hamilton's Alena Sharp closed with a 72 and finished tied for 48th, earning $11,394 US.**

## Mauer to play on depleted AL roster

To heck with his banged-up shoulder, Joe Mauer is headed to the all-star game. Or rather, the all-scar game.

Atlanta rookie Jason Heyward became the latest guy to join the dropout list yesterday. NL manager Charlie Manuel wanted Billy Wagner as a replacement — no good, the Braves closer passed because of a sore ankle.

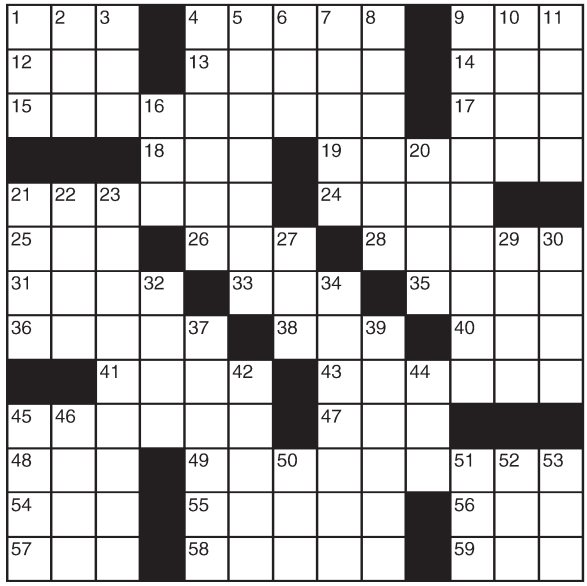
Mariano Rivera, Chase Utley and Dustin Pedroia already were sidelined for tomorrow night's game at Angel Stadium. Then achy All-stars Justin Morneau and Jose Reyes announced this weekend they were out.

Boston third baseman Adrian Beltre could be the next one marked absent. He left yesterday's game at Toronto with a strained left hamstring.

Mauer will play, although the Minnesota catcher sat out yesterday's game at Detroit after recently taking three foul tips off his right shoulder.

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## Crossword



**Across**

1 Cleopatra's snake
4 Eccentrically foolish
9 Hockey legend Bobby
12 Sticky stuff
13 Related on the mother's side
14 Actor — Gossett Jr.
15 Tradition-al
17 Slight touch
18 Raw rock
19 Cool and damp
21 Temper
24 Caffeine-rich nut
25 Language suffix
26 "A mouse!"
28 Squander
31 Stitches
33 59-Across fraction
35 Remain
36 Boat for one
38 Petrol
40 — out a living
41 Partially mine
43 Swerved
45 Hollywood's "Platinum Blonde" of the 1930s
47 Altar constellation
48 Annoy
49 The Garden State
54 Shelter
55 Ancient theatre
56 Paid player
57 Paving material
58 Ms. Witherspoon
59 Japanese money

**Down**

1 Past
2 Note between fa and la
3 Pea holder
4 Edict
5 Belongs naturally
6 Confucian principle
7 Wall Street wares
8 Cowardly
9 17th-century artist, perhaps
10 Wander
11 Red gem
16 Turf
20 "Oh, woe!"
21 Dilbert's furniture
22 Cruising
23 With "The," magazine first published in 1925
27 Small barrel
29 Seize
30 Black- — peas
32 Author Bellow
34 Arizona tribe
37 Money for 42-Down
39 Tranquil
42 Stockholmer, for one
44 Listening device
45 Sword handle
46 Vicinity
50 Tiny
51 Secret agent
52 Before
53 Thither

▶ Yesterday's answer

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| H | A | M | | M | E | T | | M | A | I | N | E | |
| E | T | A | | E | M | U | | I | N | D | I | E | |
| A | R | C | | S | A | T | I | N | D | O | L | L | |
| V | I | A | | H | I | T | C | H | | | | | |
| Y | A | W | S | | L | I | E | | P | O | D | S | |
| | | | L | E | S | | D | E | L | U | D | E | |
| A | W | F | U | L | | | | A | O | R | T | A | |
| T | H | I | N | K | S | | B | U | Y | | | | |
| T | O | N | G | | H | U | E | | S | A | S | H | |
| | | | | E | A | S | T | S | | C | H | A | |
| R | O | A | L | D | D | A | H | L | | T | A | R | |
| E | N | V | O | I | | G | E | E | | O | R | R | |
| D | O | E | S | T | | E | L | D | | R | E | Y | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 3 | | 7 | 8 | | | 5 |
| | 2 | | 9 | | | | | 7 |
| | 7 | | 5 | | | | 4 | |
| 1 | | | | | | | 2 | |
| | | 2 | 8 | | 3 | 5 | | |
| | 6 | | | | | | | 1 |
| | 9 | | | | 6 | | 5 | |
| 8 | | | | | 5 | | 1 | |
| 7 | | | 3 | 9 | | 4 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 4 | 9 | 5 | 2 | 8 | 6 | 7 | 3 |
| 3 | 5 | 6 | 9 | 4 | 7 | 8 | 2 | 1 |
| 8 | 2 | 7 | 6 | 1 | 3 | 9 | 4 | 5 |
| 4 | 8 | 1 | 2 | 3 | 6 | 5 | 9 | 7 |
| 2 | 9 | 5 | 7 | 8 | 1 | 4 | 3 | 6 |
| 7 | 6 | 3 | 4 | 5 | 9 | 1 | 8 | 2 |
| 9 | 1 | 4 | 3 | 6 | 2 | 7 | 5 | 8 |
| 6 | 7 | 2 | 8 | 9 | 5 | 3 | 1 | 4 |
| 5 | 3 | 8 | 1 | 7 | 4 | 2 | 6 | 9 |

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*Happy birthday, Litu! Thanks for being part of my life, baby. I will love you more, every single day of my life.*
**UR'S WIFY**

*Matt your the best I ever had. I couldn't bare to lose you. Ill love you forever and ever,*
**TASH**

*Dear Stefan, You've completely taken over my heart, and I cherish every moment we spend together. I know I say this every day, but here it is again; I love you now and forever, and I can't wait to see what the future holds for us.*
**LOVE MELISSA**

*My Angelina Ballerina, I'm so proud of you today. You did well in your first ballet class. Hugs from Mama!*
**MAMA FE**

## A look at the weather

| TODAY | TUESDAY | WEDNESDAY |
|---|---|---|
| Min 12° Max 18° | Min 7° Max 12° | Min 9° Max 23° |

**Andrew Schultz, Meteorologist**
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## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20**
Keep your plans to yourself today, and keep people who try to nose into your private affairs at arm's length.

**♉ Taurus April 23-May 21** Any doubts you may have had about what you are planning to do with the rest of your life will now disappear. Don't worry that the journey ahead looks tough — just put one foot in front of the other and keep walking.

**♊ Gemini May 22-June 21** The odds are most definitely in your favour at the moment, so make things easy for yourself and swim with the tide rather than against it. Do you know where you are going? Do you care? The mystery is part of the fun.

**♋ Cancer June 22-July 22** Are people taking advantage of your easygoing nature? Maybe, but if it isn't causing you any particular harm why worry about it? There is no point getting angry with people who take a little bit.

**♌ Leo July 23-Aug.23** You can sense that something dramatic is going to happen. What that something might be is impossible to know for certain but, whatever it is, it will be fun.

**♍ Virgo Aug. 24- Sept. 22** You might like to change the world but that simply isn't possible. You can, however, change yourself, and that should be your number one aim over the next few days. Be a good example.

**♎ Libra Sept. 23-Oct. 23** What seemed like a setback a few days ago now looks completely different, which only goes to show how foolish it can be to jump to conclusions. Life is good and getting better by the day.

**♏ Scorpio Oct. 24-Nov. 22** You cannot avoid your responsibilities. Not that you want to, of course. Employers and other important people will be hugely impressed by your commitment.

**♐ Sagittarius Nov. 23-Dec. 21** Your power to change things may be limited at the moment but there is no need to get frustrated about it. It won't be long before you are back in command.

**♑ Capricorn Dec. 22-Jan. 20**
If you want something enough you can find a way to get it. Do you believe that? You should, because belief is the first step to making it happen. The second step is to have a plan.

**♒ Aquarius Jan. 21-Feb. 18**
Someone you are close to feels a little bit neglected and you really should do something about it. Find ways to remind them what they mean to you.

**♓ Pisces Feb. 19-March 20**
The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. Does that mean you can try anything? It most certainly does. Gets you thinking, doesn't it. SALLY BROMPTON

## Caption contest

THE ASSOCIATED PRESS




## You write it!

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GE YUEJIN/THE ASSOCIATED PRESS/XINHUA






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